



senior shenanigans

January 2014

Senior Chow Critics

Big Daddy's Roadhouse

Serving wood pit BBQ since 1999 this Lavon, TX roadside stop is a finger-licking-good crowd pleaser. This casual dining atmosphere serves up slowly smoked meats and award winning sauces daily.

Thursday, January 9



Bus leaving center at 11:00 AM

Bring at least \$15 for chow



Activity Information



- Wheelchair Accessible
- Some activity fees are non-refundable
- Preregistration required for all activities.

Achieve Academy Trip

The kids at the Wylie Achieve Academy located next door to the Senior Center have invited us to come tour their classroom! The students would love to present special projects with you and share some snacks.

Wednesday, January 22

Walking from center at 10:00 AM

Must bring you picture ID to tour



The "Reelers" go to...

B & B Movie Theater

Calling all movie buffs! Meet with fellow movie lovers to enjoy cult classics and black and white favorites at the center, and travel with the group to visit some of the area's finest boutique theaters and historic cinemas throughout the season. This month we will be traveling to B & B Theater in Wylie.

Tuesday, January 14



\$8 due at registration

Bus leaving center at 10:00 AM

Bring at least \$10 for lunch

Choctaw Casino Day Trip

Hop on the free Choctaw bus and head up to Durant, Oklahoma for a fun filled day of slots and blackjack. Registration includes a discounted rate, \$7.99 lunch at the Butterfields all you can eat Buffet.

Thursday, January 30



Bus leaving center at 8:45 AM

Bus leaving casino at 4:00 PM

Bring at least \$10 for lunch



Wylie Senior Recreation Center

January 2014

Volume 3, Issue 1

Did You Know...

January is...

Mental Wellness Month

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. Your emotions, thoughts, and attitudes affect your energy, productivity, and overall health. Good mental health strengthens your ability to cope with everyday hassles and more serious challenges. Good mental health is essential to creating the life you want.

These 10 proven tools can help you feel stronger and more hopeful...

1. Connect with others
2. Stay Positive
3. Get physically active
4. Help others
5. Get enough sleep
6. Create joy and satisfaction
7. Eat well
8. Take care of your spirit
9. Deal better with hard times
10. Get professional help if you need it.

Five tips to help manage stress...

- ☺ Take a break from the stressor
- ☺ Exercise
- ☺ Smile and Laugh
- ☺ Get social support
- ☺ Meditate

For more information visit www.mentalhealth.gov.

New Programs...

Decoupage Classes

1st and 3rd Thursdays

1:00 PM - 3:00 PM

Supplies Provided - FREE



Triple Threat Tuesdays

1:00 PM - 2:00 PM every Tuesday

Blackjack, Poker & Texas Hold Em' Games

Woodcarving

1st and 3rd Wednesdays

1:00 PM - 3:00 PM

Supplies Provided - FREE



Wylie Gold Card Events

Join the Wylie ISD Gold Card program and get admitted free of charge to Wylie ISD home athletic events and most activities sponsored by the school district! Bus will be providing transportation to events throughout the year. Must be 65+ to participate. Please contact front desk for information how to become a Gold Card holder.

WHS Theatre Musical Performance:

Thursday, January 30

Admittance at a reduced rate

Bus leaving center at 7:00 PM





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www.WylieTexas.gov







Wylie Senior Recreation Center

800 - 100 Thomas Street

972-442-8119



Recreation@WylieTexas.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Happy Birthday</u> Jackie Sanzone—3rd Donna Lozano—21st Cathy Procida—21st Doris McNair—23rd			1 9:00 AM Games 10:00 AM EXERCISE 12:00 PM Library Trip 1PM - 3PM Wood Carving	2 9:00 AM Games 1PM—3 PM Decoupage Class	3 9:00 AM Games 10:00 AM EXERCISE 12:00 PM BINGO	4 
5 	6 1:00 PM Games	7 9 AM - 2PM Triple Threat Tuesday 9 AM - 2 PM Open Crafts 9:00 AM Store Trip	8 9:00 AM Games 11:30 AM The “Chew”	9 9:00 AM Games 11:00 AM Senior Chow Critics	10 9:00 AM Games 10:00 AM EXERCISE 12:00 PM BINGO	11 
12	13 9:00 AM Games 10:00 AM EXERCISE	14 9 AM - 2PM Triple Threat Tuesday 9 AM - 2 PM Open Crafts 10:00 AM B & B Movie Theater	15 9:00 AM Games 10:00 AM EXERCISE 12:30 PM Craft Corner 12:00 PM Library Trip 1PM - 3PM Wood Carving	16 9:00 AM Games 1PM—3 PM Decoupage Class	17 9:00 AM Games 11:30 AM Celebration Luncheon 12:30 PM BINGO	18
19 	20 9:00 AM Games 10:00 AM EXERCISE 12:00 PM Book Bunch	21 9 AM - 2PM Triple Threat Tuesday 9 AM - 2 PM Open Crafts 9:00 AM Store Trip	22 9:00 AM Games 10:00 AM Achieve Academy Visit	23 9:00 AM Games	24 9:00 AM Games 10:00 AM EXERCISE 12:30 PM BINGO	25 
26 	27 9:00 AM Games 10:00 AM EXERCISE	28 9 AM - 2PM Triple Threat Tuesday 9 AM - 2 PM Open Crafts	29 9:00 AM Games 10:00 AM EXERCISE	30 8:45 AM Choctaw Casino 9:00 AM Games 7:00 PM WHS Theater Musical	31 9:00 AM Games 10:00 AM EXERCISE 12:00 PM BINGO	<u>Hours of Operation</u> M-F - 9 AM - 5 PM Sat - 9 AM - 3 PM Sun - 1 PM - 5 PM

*Activities and schedule subject to change. Minimum registration and fees must be met or activities will cancel. Some fees are non-refundable if registration is withdrawn. A City of Wylie registration form must be on file prior to participation.